

PLAN OF THE WEEK

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Command Column MCPO Don Gauthier Command Master Chief



We all know the Chain of Command exists and I am sure most, if not all, are fully aware of why it exists. So I would have to ask myself, why is it so often forgotten? In any organization, not just the military, a Chain of Command exists to provide a delineation of authority, a process by which decisions should be made, and a path for information and communication to flow. When you use the Chain of Command properly, you are keeping those who need to know in the know, enabling them to make the right decision when the time comes.

When we skip a person or office in our Chain of Command, we often are missing valuable bits of information. The information you miss may be necessary further up the chain in order to make the right decision. A basic premise we all should practice in the Coast Guard is to handle the problems we have at the "lowest level possible." This cannot happen if we jump layers in our Chain of Command. The solution to a problem does not always have to come from the Top.

The Chain of Command, when used properly, should be a smooth process and valuable source of information.

A Look Ahead:

24-26 MAR: USCG Auxiliary Specialty Course Weekend, Hamilton, LT Bradley, x2497.

24 MAR: 0805-1030, CAPT Sande presents "Successful Career Workshop" to Career Enrichment Seminar @ Breakfast, and Guest Speaker for following Graduation, Port of York.

24 MAR: 1000, EM "A" 03-00 Graduation, Washington Auditorium, EMC Busch, x2224.

24 MAR: 1400, CDR Tami Goodwin's Retirement Ceremony, Olde Yorke Chapel, VADM Rufe, USCG (Ret), Guest Speaker; CAPT Sande, Host.

Congratulations:

LTJG Craig & Kimberly Neubecker, celebrated their marriage on 11 March.

TEAM SPANKER Wins SHAMROCK Marathon: **TEAM COAST GUARD SPANKER** made up of CAPT Bernard, SCPO Mike Parker, LT Joe McConnell, and LT Charlene Downey, stayed true to their name and took the 1st place in the military team competition. The time breakdown respectively was as follows: 2:52:58, 2:57:00, 3:16:35, (4:20:36) for a team scoring time of 9:06:33. Team Spanker bettered last year's first place (team CG Royal) time of 9:13:24. Team Spanker was named after the famous square rigger's spanker sail, affectionately dubbed, "Turbo Hankie," for the speed and maneuverability it gives the barque. Team Spanker accomplished this feat without the top runner, CPO Al Walther, who normally does the marathon in 2:45:00. Way to go!!!

TEAM COAST GUARD ELIZABETH CITY made up of PO Larry Ormerod, CDR Pat Dwyer, and CWO Guy Cashman, placed 2nd with a respective time of 2:47:15, 2:58:36, 3:40:50 for a team scoring time of 9:26:41.

TEAM COAST GUARD ROYAL made up of LT Colleen Keer, PO David Dorsey, CAPT Freddy Montoya, and PO Kathy Farynaz placed 3rd with a respective time of 3:19:53, 3:25:04, 3:34:50, (4:20:35) for a team scoring time of 10:19:47.

Although the third member of **TEAM COAST GUARD TOPGALLANT** did not finish the race and thus disqualified the team, CWO Greg Stewart (3:38:58) had a PR (personal record) day and LT P. Kofi Aboagye finished with a time of 4:10:00.

1,515 finished the race out of the registered 1,798. Overall, a great race in spite of the 35mph wind at times. Most of the runners set personal records. Perhaps the most dramatic was CAPT Montoya, who, prior to this, had not run the race under 4:00:00. He did this one in 3:34:50!! LT Keer took second place in her age group and CAPT Bernard placed 3rd in his age group.

BZ everyone!! Look to a similar showing when they step up to defend their 1999 first place showing at the 2000 Elizabeth River 10K, on 13 May 2000.

Important Items to Know:

📌 From 15-18 March, the TRACEN Raiders Basketball Team represented the command admirably in the 7th Annual Shamrock Basketball Tournament at ISC Portsmouth. The Raiders roster included the following players/coach: Greg Bishop, Kevin Blankenship, David Blevins, Brad Friedlin, Daniel Cox, Kirk Forbes, Sean Knight, Brian Mann, Steve Pacheco, Aaron Tinelli, and Holland Ricks (coach). The team captured the coveted third place award for the tournament and played extremely well. A total of twelve teams who competed in the tournament.

📌 "How to talk to your kids about alcohol and drugs." Olde Yorke Chapel will host this presentation by the MLC Atlantic Substance Abuse Prevention Team Atlantic on 28 & 30 March, at 1800 (same presentation both nights). The program is open to parents and children who are active duty, reserve, retired, or civil service employees. This is a "must see" presentation. Refreshments will be served. Civilian attire is appropriate. If you have any questions, contact the MLCA Substance Abuse Prevention team, x2087, x2545, or x2085.

📌 2000 Coast Guard Ball, "Celebrating Our Past, Envisioning Our Future," will be held this year on 8 April, at the Norfolk Waterside Marriott. The No-Host Reception begins at 1700, and the Program begins at 1800. Tickets are on sale now. Dinner Dress Blue is required for all service members, and civilian evening attire for all other guests. For more information and ticket prices, contact MCPO Don Guathier, x2144, or MCPO Scott Rowe, x2197/2363.

📌 Saturday, 15 APR: 1000-1300, Easter Egg Hunt & Brunch. A fun-filled day is planned for all dependent children, ages 12 & under, of TRACEN Permanent Party Military, Civil Service, and NAF employees. Registration is required to get a total count of people attending the event. Registration will be taken until 10 April, at the MWR Admin. For more information, contact Connie Cook-Hudson, x2312, or Carol Schmehl, x2009.

Safety Tip:

Headlights are to be used from sunset to sunrise; when you can't see clearly for 500 feet; and during adverse weather conditions, such as rain, fog, sleet, snow, or when windshield wipers are in use. This ensures that your vehicle can be seen by other drivers.

Chaplain's Corner:

Worship Opportunities at Olde Yorke Chapel:

0945 & 1630 Sunday Roman Catholic Mass

1100 Sunday Protestant Worship

1145 Daily Roman Catholic

0630 Promise Keepers on Tuesday & Thursday

1140 Ladies Bible Study every Thursday

There is also a mid-week Bible study at the Chapel every Wednesday, from 1140-1230. This is open to all personnel and their families.

Tricare Tip:

OTHER HEALTH INSURANCE - If a Tricare beneficiary is covered under other health insurance, medical bills must be submitted to the other insurance first. The Tricare beneficiary cannot choose to use Tricare instead of their other insurance. A claim must be filed with other plan *before* Tricare can make a payment determination, or apply any payment made by the other coverage to the beneficiary's annual "catastrophic cap."

SUPPLEMENTAL POLICIES - Policies designated as Tricare supplemental policies pay *after* Tricare Prime, Extra, or Standard have paid. The patient will then file their claims with the supplemental policies by including copies of any required bills, receipts, and explanations of benefits.

MEDICARE - Beneficiaries who are under 65 but are Medicare-eligible because of disability, may retain Tricare eligibility until they reach 65. The claims for these beneficiaries must be submitted to Medicare first for a payment determination and then sent to Tricare as second payer.

MEDICAID - Tricare always pays before Medicaid.

Web site:

For those of you interested in finding a web site that has dozens of references to information, take a look at this one:

<http://www.refdesk.com/>